

"This book isn't just about depression. Dr. Dardi's program can help all of us live with more  
and a greater sense of well-being." —HARJET LEPPIN, author of *The Darts of Anger*

# THE DEPRESSION CURE

THE 6-STEP PROGRAM TO BEAT  
DEPRESSION WITHOUT DRUGS

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## The Depression Cure: The 6-Step Program to Beat Depression without Drugs



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Based on the impressive, proven Therapeutic Lifestyle Modify (TLC) program: a practical plan for natural methods to treat depression--with no medicationIn the past decade, depression rates have skyrocketed, and a single in four Americans have problems with major depressive disorder at some point within their lives. Where have we gone wrong? Dr. For anybody looking to supplement their treatment, The Unhappiness Cure offers hope and a practical path to wellness for anybody. Ilardi prescribes an easy-to-follow, clinically proven system that harks back to what our anatomies were originally designed for and what they continue steadily to want with these six components:Brain FoodDon't Think, DoAntidepressant ExerciseLet There Be LightGet ConnectedHabits of Healthy SleepThe Major depression Cure's holistic approach has been met with great achievement rates, helping even anyone who has failed to respond to traditional medications. Inspired by the incredible resilience of aboriginal groups like the Kaluli of Papua New Guinea, Dr. Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never created for the sleep-deprived, poorly nourished, frenzied speed of twenty-first century lifestyle.



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Saved my entire life when doctors, meds couldn't I've waited a full year to write this review (literally, We ordered the book 367 days ago!) This publication was recommended if you ask me by two prolonged family members struggling with mild to moderate major depression. I have been fighting with SEVERE medical depression; Very great read! It continues on to describe how these things help... Several medications, dosage changes, doctors, therapists, etc.. Anybody who follows these 6 steps religiously might not find themselves totally from the hole but I really believe they will definitely get on the right track and feel at least like their complications are manageable. Coffee had not been mentioned in right here and you may or may not be aware how addictive coffee is and that it is to some people a very powerful drug (a stimulant) that may lift you up and when you arrive down it could have tremendously damaging results on your own emotional wellbeing especially if you are prone to depression. And I read this publication. And everything transformed. His 6 steps gave me something to spotlight, apart from "being sick. I used to feel like melancholy was something mysterious, a deep, innate flaw that could manifest anytime and against that I was totally powerless. Knowing the technology behind depression, anxiety, and the mind really gave me reason to focus on each step.. Five Stars great read, highly recommend it for everybody, even those not depressed The only real cure is medication not really books filled with well meaning words. Obtaining the kids schlepped to the gym with me, practicing light therapy, forcing myself to keep busy hands/brain by coloring in coloring books (you can even get nicer types for adults, that assist), reading novels, listening to audiobooks.. Five Stars Appreciate this and is so true. Like the majority of books that say they are ailment cures, it is just words full of instructions that sound good but don't solve these kind of mental issues that can only just be solved through medications. Fast forward a yr. I have dropped 40 pounds as a convenient side-effect of the exercise (from a size 16 to a size 4), ran 2 half-marathons, and completely changed my entire life. Depression is similar to alcoholism or tumor.. But I continue steadily to take my vitamin supplements/supplements and put in the work to ensure I never go back. Once you have it, you'll have it to a certain degree, considering yourself "on the wagon" or "in remission".. Time to get outdoors and soak in a few sunshine to set my own body clock. I maintain a listing of the 6 measures taped inside my kitchen cupboard therefore, if I'm feeling a little off, I could check the list and state "ah, I'm not really sleeping well. It really is well written easy to comprehend and includes an interesting history on why tribal cultures and our ancestors had been even more well off mentally. I was drowning. Under no circumstances, in a million years, did I believe I could climb out of the hole Depression had buried me in. So these are just a couple of things that have helped me, furthermore to what is usually in this reserve, I highly recommend trying the six step system in this book. Negativity and sadness assists nothing, but getting out of it alone isn't always easy. Regardless of what. YOU ARE WORTH THE EFFORT. I think the writer must have mentioned the need for a (healthy) hobby, and perhaps he did (to be honest I've done a lot of skipping around and haven't read probably a lot more than 70% of the reserve at this point). Started taking a GABA supplement and I feel like it has helped me considerably. FORCE yourself to get out of bed and do the work EVERY DAY. Days gone by year and a half I met a woman and things have never been better, including my attitude. Well, of course recently circumstances have changed, and the amazing high I acquired from changing my entire life around offers disappeared and with that brought me the most intense misery I've ever experienced. It truly functions and as I adhere to the techniques in this reserve, I find I'm doing better and better every day. I decided it was time to transformation, that this was not the person I wanted to end up being and that there was absolutely no method I could go on feeling in this manner another second so I started diving into study of how to fight this feeling, starting with picking up this book once again. The book is split into sections discussing each one of the 6 steps to really get your life back on the right track. I sought medical, psychological, and psychiatric help for approximately two years. Of course the author does not have all the answers, no one does, but just be aware that your battle will have to take creativity and mind control of your to turn things around. It was a hard issue to admit and accept, but alcoholic beverages is depressive.). Things like 'engaging in interpersonal activity' is especially hard for me for instance because friends have never arrive easy in my life, most of my close friends have shifted out of condition and reconnecting with those still here is hard because they have found their own groups to end up being with and changed therefore much. I've battled depression most of my entire life, so when I occurred upon a Ted Chat by the author of the book, I knew I'd have to browse it. Perhaps the hardest step to do (and the most damaging) is to stop dwelling on negative thoughts (ruminating)

even though the book offers some solid suggestions like preoccupying your mind with music or tv, it doesn't stop the thoughts whenever a distraction is unavailable. Of course this reconfirms what I already know, that lifestyle transformation is the only way to get rid of these demons. Socialize more. I am absolutely going to do that once I save the money, it is probably a few of the better suggestions I've gotten from this book and I am hoping it works and also testimonials have said it can. Another cause is poor sunshine and proper sleep, that I realize because I work 3rd shift is a challenge over what the average individual may encounter. This thinking can, based on how it's used, result in addictive behavior. I see I play video gaming all night not because I actually enjoy them so any longer, but only since when I stop, truth hits and it becomes difficult to deal with my thoughts once again. GABA is vital to relaxing, helps assist in sleep, relax from tension, manage nervousness, lower cortisone levels (cortisone is a stress hormone and breeds cancers! Even the air can't generally shut them out. Eat best. Worth a Read I have been in & I came across art (pen ink and prismacolor pencils) to be what functions for me along with playing a musical instrument on my nights off. Good read however, not a cure. Rediscovering old dreams rather than giving up on them is very important, and just because I feel too older or inexperienced to go to art school, does not mean that I'm not trying to reacquire the dreams I've lost in the last a decade by myself terms. The past may be the past but it's how exactly we deal with our failures and what we perform with today's that makes the real difference. Some are normal sense like exercise, others are less well known like obtaining the right nutrition by supplementing with Omega 3s. You do gain some interesting perspectives but a remedy it isn't. I've been! Nothing made a dent. Since I got an espresso machine I have already been in love with espresso (espresso). Two other activities which I don't recall the author mentioning, but which I've discovered also help with melancholy: (1) it was very difficult, but I finally stopped alcohol consumption. My job is the biggest killer because as great of employment as it probably, I spend lots of period letting my mind competition and considering 10+ hrs a night on do it again!) etc. SO I've halted drinking coffee, hard but I've walked from harder points in my life. out of gentle depression the majority of my adult life, read this book 24 months ago and could get myself right into a positive mindset that got me out into general public smiling and getting nice to people and for that reason wonderful wonderful points had been brought into my life. I've been at it for some months now. I believe this is a great book and that's coming from somebody with a very short attention span (I cannot even watch movies aside from read a book). But this has captured my attention which is absolutely amazing, 70% it's essentially the most I've browse off the internet since high school."Purchase this book.. Remember, stuff good and bad happen for a reason. If I hardly ever fell into this myself I would not be composing this review. I hope this helps atleast 1 person! All the best everyone, hope everyone discovers their cure and is way better able to concentrate on their life purpose :D Good, helpful book, in addition two more ideas Very helpful book. I am working on incorporating the six steps into my entire life. I'm not really a doctor or giving medical information, but do your own research especially on holistic medicine and diet and I believe you will ultimately find the tools you need to fix these problems. Yes, it really is definitely helping with my unhappiness. I'd like to put in a personal take note, something I found was really hurting me that you might want to that is coffee! I've since found out that coffee weakens the creation of GABA, an amino acid made by a certain strain of intestinal bacteria and used by the brain as a neurotransmitter. While all 6 of these steps are crucial to recovery, it generally does not mean your melancholy will go away with out a HUGE work on your component to get out and make it work (that you can do it! When you first take a drink, enables you to feel better, but it offers an after aftereffect of intensifying depressive disorder for another 24+ hours roughly. Please note, I was not much drinker, just would drink maybe a couple cups of wine with meals, maybe once a week. Yet this relatively little bit of alcohol had s big influence on my melancholy, for at least a day time or two afterward. (2)The other matter the author will not touch on is nutrition, I've found that the more sugar I am eating, the greater the unhappiness. I'm talking added sugar in food, carbs like bread that are quickly metabolized to glucose, etc. But now I genuinely feel just like I've a "toolbox" to turn to whenever I capture myself heading back again that way. I PROMISE this book will work if you simply read about the steps and begin following them. Real tools to take care of depression. It's frustrating to learn things like socialize when you have no one around to socialize with. I've had more success with rising above despair with the solutions in this reserve than I have with medicine and therapy combined. It creates so much feeling, and the solutions are true to life tools people can use and make an application for

quick, sustainable results. But I'm not as afraid now. Art is a way to express my feelings in images, and it provides me back to being truly a child when my fantasy (that under no circumstances happened) was to be a great artist. A thoughtful find out about depression and it's really likely cause inside our modern society. These steps just assist you to identify what the root of the issue is, it isn't a fix all. Take vitamins. Most of the strategies aren't new stuff. Get even more exercise. "You can't discover fresh oceans until you get rid of view of the shore" The book gives a great recommendation because of this that I'd never heard about, buying a light box. Get lots of sunshine. Dates back to my stage about changing your life style. If you were able to do many of the stuff the publication prescribes, you probably weren't that depressed in the first place. I am today in a fresh field doing work for a company I love, and because of the reserve, I am volunteering weekly and have joined a couple of clubs, forging deep friendships!! My life is completely different now. That slight depression was nothing compared to this to this complete blown feeling of rejection that has disabled my ability to live and remaining me during intercourse for the past 3 months unable to leave the apt through the most beautiful time of the entire year (as well as being a total dick to people at the job). Five Stars After reading this book and implementing its suggestions my depression has improved. If you would like to feel so much better permanently, without the medial side impacts of anti-depressants you really should give this publication a try. Changed my life Yes, this book is filled with simple advice. We all know that sleep and workout matter and that junk food slows us down. The depression "score" really was helpful for me, since it was motivating for me personally to see concrete evidence of improvement from week to week. However the way the 12-week plan was laid out made it possible for me to put into action good habits that were previously overwhelming. As I started to ruminate much less and rest better, I gained a whole lot of mental clarity, and I actually ended up stopping my dead-end job. This truly works! This book is so great for whoever has struggled with depression. I've dipped in and out of melancholy my whole life, and I valued the author's honesty in stating that it's most likely I'll dip back into it again. Scanning this publication has changed my entire life for the better." Just the change from seeing Lifestyle from a Wellness perspective rather than Sickness perspective changed therefore much., in addition to sweets and desserts. I am really hopeful in a way I never expected to be again. it robbed me of my entire life, of enjoying my hubby and children. I really enjoyed scanning this book because it was entertaining, interesting, helpful, and the writer had some very great points... Distracting from my disease, stopping my mind from racing and ruminating. I've currently shared this reserve with several people as it has produced such a notable difference for me.



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